



Exercise doesn't have to be a pain

If the very thought of exercise brings images of torture and turns your stomach, read this!

Exercise does not have to be painful to give you health benefits. And the health benefits are many. Some muscle soreness is common in the beginning of an exercise program. After the unused muscles get used to activity, soreness will be a thing of the past.

Being physically active can:

- ◆ Help control weight, build lean muscle and reduce your body fat
- ◆ Strengthen your bones
- ◆ Increase flexibility and balance
- ◆ Improve your self-esteem and mood
- ◆ Help you sleep better
- ◆ Help you focus in school

So you hate to exercise. What can you do?

You do not have to play a sport or go to a gym. There are a lot of things you can do to be more active:

- ◆ Do sit-ups or jump rope while watching TV.
- ◆ Lift light weights to strengthen your muscles.
- ◆ Jog around the block or walk fast around the mall a few times.
- ◆ Help carry groceries, clean the house, cut grass, do garden work, rake leaves or wash the car.
- ◆ Take the stairs instead of the elevator.
- ◆ Take your dog for a walk.
- ◆ Ride your bike instead of driving or getting a ride.

Make a list of things you like to do to be physically active. Hang it in your room as a reminder. Keep track of your progress.

Source: National Institutes of Health



HOUSEHOLD CLEANERS – NOT FOR SNIFFING

You could pay a high price for a cheap high

Sniffing. Huffing. Bagging. Whatever you call the practice of inhaling chemical vapors of common household items to get a mind-altering effect, the practice can be deadly.

Inhalants are very effective poisons. They enter the bloodstream quickly and are then distributed throughout the brain and body. They have direct effects on both the brain and spinal cord and the nerves throughout the body. They may be addictive.

How severely can inhalants harm you? They can affect your ability to think, talk, remember, hear and walk. They can also cause convulsions and damage to the lungs, liver, kidneys, heart, bone marrow and muscles.

One time could be the last time. Just one time can be one too many with inhalants, according to the National Institute of Drug Abuse. In an otherwise healthy person, a single session of abusing highly concentrated amounts of certain inhalants can lower oxygen levels enough to cause death.

Popular inhalants include a variety of household, beauty and office products from paint thinners to solvents in magic markers to aerosol sprays to fingernail polish – just to name a few.

Nitrous oxide, also known as laughing gas, can be as dangerous as any other inhalant when abused. When used as a painkiller in a dentist office, nitrous oxide is mixed with oxygen. Nitrous oxide that fills balloons is usually in its pure form and can be dangerous when

inhaled. Another popular balloon filler, helium, can also be dangerous to inhale. So play it safe – skip the silly voice.

It's important to let your friends know the dangers of sniffing toxic vapors. For help with a drug problem, call your doctor. Or call PHP TennCare Customer Service for the number for free behavioral health or substance abuse help.

Source: The National Institute on Drug Abuse



PHP TENN CARE

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Assurance of Non-Discrimination: No one is treated in a different way because of race, color, birthplace, sex, age or disability. Do you think you've been treated unfairly? Do you have questions? Do you need more help? You can make a free call to the Family Assistance Service Center at 866-311-4287. In Nashville, call 743-2000. *Totally Teen* is published by PHP TennCare. Editors: Leslie Sweeden and Beth Fisher. Send comments to: PHP TennCare, 1420 Centerpoint Boulevard, Knoxville, Tennessee 37932.

Smoking hurts teeth and overall health

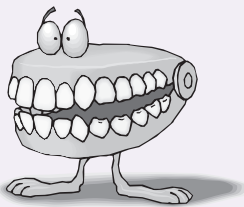
Most of you know that smoking is bad for your health. Tobacco in all forms not only hurts your health but causes many dental problems. Smoking is the most common cause of lung cancer. Smokeless tobacco also causes mouth cancer, tooth loss and other health problems.

Using tobacco increases your risk of oral cancer, gum disease, cavities and hot/cold sensitivity. Tooth stains from tobacco cannot be removed by regular brushing and can cause a build up of tartar. Staining and tartar buildup could mean more dental cleanings.

Tobacco is very harmful for teens because your body is still growing and changing. The 200 known poisons in smoke affect how you grow and can cause diseases.

Did you know that tobacco causes:

- | | |
|------------------------------|---|
| Cavities | Pale and unhealthy appearance |
| Bone loss | A hacking cough |
| Bad breath | Decreased energy for sports and other favorite activities |
| Mouth sores | Even death |
| Hairy tongue | |
| Shrinking gums | |
| Bleeding gums | |
| Loss of taste and smell | |
| Smelly clothes and hair | |
| Yellow teeth and fingernails | |



If you don't use tobacco, don't start. If you are using tobacco and want to quit, here are some helpful hints to get you started:

1. Set a quit date.
2. Put it on paper.
3. Hang out with friends who don't smoke.
4. Practice saying "no."
5. Be prepared for cravings.
6. Join a support group.
7. Consider stop-smoking medications.
8. Learn from your mistakes.
9. Talk to your parents - they can help.

As a PHP TennCare member, you have TENNderCare dental services until you become 21 years old. These services include free regular six-month checkups, fluoride treatments and sealants.

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STRAIGHT TALK FOR GUYS When losing your cool, isn't

It is totally normal to be angry sometimes — everyone gets mad at some point. And as a teen, the changes in your body can cause you to feel mad for what seems like no good reason sometimes.

The idea is to deal with your anger in a good way. Cool down first, and then focus on positive ways to fix the problem. This will help you deal better with the people in your life, and you can even earn more respect along the way.

So, the next time something really has you fired up, try these steps:

Hey, girls!
Guys aren't the only ones who get angry. You can use these tips, too.

1. Try to calm yourself down before doing or saying anything. When you are afraid that your anger will get the best of you, try exercising. Taking a walk or going for a run will get your mind off the problem. Sometimes you just need to get away for a while and cool down.
2. Tell the other person why you're angry and how you feel. What we say when we are angry can hurt more than anything else. So, think about what you're going to say before you say it. Make sure you're not saying something you are going to feel bad about later.
3. Try to think about the reason you're angry. We often become angry because of other people's actions. But most of the time, these people didn't act out of spite. They just weren't thinking about how their actions might hurt others. Be honest with yourself and admit that you can be mean at times yourself, and then be willing to forgive.

The next time you feel really angry, ask yourself if the reason you are angry is going to be important to you years from now. If not, just let it go.

STRAIGHT TALK FOR GIRLS Good news! Breast cancer is rare in teenage girls

But what about all of those lumps and bumps? Not to panic. This is common as your breasts develop and grow. Just have a doctor check out any lump to be sure.

Breast cancer is probably the farthest thing from your mind. However, it's a good idea to develop important breast health habits now. If you become familiar with the normal look and feel of your breasts now, you will be able to tell if there are changes later.

You should start doing monthly self exams of your breasts at age 18 to 20, or ask your doctor when you should begin. And ask your doctor the best way to do self exams.

Do your self exam at the same time every month. About a week after your period is a good time since your breasts are less tender then. If you feel a lump that does not go away, check with your doctor.

Unless your doctor tells you otherwise, teenagers do not need to get mammograms (an X-ray of the breast).

According to the American Cancer Society, the risk of getting breast cancer increases as you get older. Plus, just being a female is the main risk factor for getting breast cancer. Men can also get breast cancer, but the disease is about 100 times more common among women than men.

Although you can't do anything about your gender or aging, you can help reduce your risks of getting breast cancer by eating a healthy diet and getting plenty of exercise.

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